Food Preservation Recipes

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For Canning 101 (beginners) https://www.freshpreserving.com/canning-101-getting-started.html

## Brined Vegetables

Ingredients

* 1 pound of your favorite root vegetables
* 1 medium red onion
* 2 cloves garlic
* 1 cup of your favorite fresh herbs
* 2 teaspoons black peppercorns

Items Needed

* 2 Tablespoons Pickling salt
* 2 quarts purified water
* 1/2 gallon jar
* 8 oz jar
* Clean cloth and rubber band

With a large bowl at the ready scrub and peel the root vegetables. Slice into very thin rounds. Add to the bowl.

Thinly slice the red onions and garlic. Add to the bowl with root vegetables and then add the black peppercorns and whole herbs to bowl tossing everything together.

In another bowl, add the pickling salt into 2 quarts water. Place vegetables in a clean 1/2 gallon jar. Pour the salt water over the vegetables until covered by 1 inch.

Take the empty 8oz jar and place it on top of the vegetables to act as a weight. Put the clean cloth over mouth of 1/2 gallon jar. And then put the larger jar on a plate and store in a cool (65-75 degrees) place.

Take a look at the jars each day to make sure the liquid stays at least 1 inch over the vegetables.

You’ll see the fermentation start in about 24 hours. You should see little bubbles in the brine. There may also be a white film which is a natural, safe yeast that can be wiped out of the jar.

Leave the vegetables for 3 -7 days to ferment. You can check to see if they’re ready by tasting a slice of vegetable. Once the vegetables taste the way you like then remove the 8 oz jar, wipe jar rim and cover with a lid. You can store these fermented, pickled vegetables in the refrigerator up to 1 month. Makes about 1.5 quarts

## No Vinegar Refrigerator Pickles

* 2 pounds of cucumbers, washed and sliced as you desire
* 5-7 garlic cloves, crushed
* 1 bunch of fresh dill – 2 tablespoons of dried dill can be used if fresh is unavailable
* 1/3 cup kosher salt
* 1 cup boiling water

In a large bowl add salt & boiling water stirring to dissolve the salt. Cool the mixture adding ice cubes, if needed.

Add all the other ingredients to the bowl. Add enough cold water to cover the cucumbers.

Place a plate on top of the cucumbers in the bowl to help keep them immersed in the liquid.

Taste the cucumbers after 4-8 hours to check for flavor. Taste every so often until the desired flavor has been reached. It can take anywhere from 12-48 hours to get them to taste.

Once they taste delicious to your palate put them into the refrigerator.

Note: the pickles will keep on fermenting, however, the process will slow in the refrigerator. They’ll keep for up to a week.

Bread and Butter Pickles

* 6-lbs of Pickling Cucumbers
* 3-lbs Onions, thinly sliced
* ½ cup Canning or Pickling Salt
* 4 cups White Vinegar (5% Acidity)
* 4 cups Sugar
* 2 Tablespoons Mustard Seed
* 1½ Tablespoons Celery Seed
* 1 Tablespoon Pickling Spice
* 1 teaspoon Turmeric

Wash and rinse the cucumbers. Then slice the ends off of each cucumber and slice them into ¼ slices.

Slice the onions into thin rings and then add the cucumbers and onions into a large pot and stir gently by hand to mix. Sprinkle salt over the mixture and then cover everything with ice.

Refrigerate this mixture for 3-4 hours, or overnight, adding more ice as needed during this time.

Drain the water from the cucumbers and onions. Rinse well to remove salt and let them drain.

While the vegetables are draining add vinegar, sugar, mustard seed, celery seed, pickling spice, and turmeric to a large pot. Stir everything together and then bring to a boil over Medium-High heat and boil for 10 minutes. Now add the cucumbers and onions to the pot, bring back to low boil and boil for 1 minute.

Gather your jars together making sure they are sterilized. Remove the pickle mixture from heat and add to the jars making sure to leave ¼” head space in each jar.

Make sure there are no air bubbles. Wipe the top & rim of the jar with a clean, damp. Add the lid and band but don’t over-tighten the lid

Now add the jars to your canning pot and use the water bath process for 10 minutes and then carefully remove the jars. Place the jars in a draft free location and don’t bother them for 24 hours. Can be stored for up to 1 year.

## Easy Watermelon Pickles Recipe

* 3 pounds white portion watermelon rind, cubed
* 5 cups sugar
* 2 cups apple cider vinegar
* 1 cup water
* 1 Tbsp. whole cloves
* 1 Tbsp. whole allspice
* 3 cinnamon sticks, 3 inches each
* 1 lemon, sliced

Cut both the red & green parts off the watermelon then cube the white portion. Put watermelon cubes in a large pot with enough salted water to cover.

Soak the cubes overnight and then drain. Add fresh, cold water to the pot and bring to a boil cooking on low heat until the cubes are tender. Drain the cubes again.

In another large pot, combine sugar, vinegar and water. Place cloves, allspice, cinnamon and lemon in a cheese cloth bag and add to the pot.

Stir the sugar mixture over medium heat then boil for 5 minutes. Add the watermelon cubes and simmer about 15 minutes or until translucent. Remove the spice bag and pack pickles in hot, sterilized jars. Refrigerate 2 weeks before using. Makes 4 quarts.

## No Pectin Citrus Marmalade

* ¾ cup grapefruit peel
* ¾ cup orange peel
* 1/3 cup lemon peel
* 1 quart cold water
* pulp of 1 grapefruit
* pulp of 4 medium-sized oranges
* 2 cups boiling water
* 3 cups sugar

Wash and peel the fruit. Now cut the fruit peels into thin strips and add to a saucepan. Add cold water and simmer, covered, about 30 minutes or until tender. Drain the pot. Now remove the seeds and membrane from peeled fruit pulp. Cut into small pieces.

Combine the fruit peel and fruit pieces into saucepan, add 2 cups of boiling water and sugar. Boil rapidly over high heat, stirring frequently, until the temperature measures 8°F above the boiling point of water (220°F at sea level) for about 20 minutes.

Remove from heat and skim the top for impurities. Pour hot marmalade into hot, sterile jars, leaving ¼ inch headspace.

Make sure the rims of the jars are clean then add lids and process in a boiling water canner.

You’ll get about 3 or 4 half-pint jars. Note: Leave some of the white membrane because that’s where most of the pectin is located.

## Strawberry Freezer Jam

* 4 cups strawberries, cut in half
* 4 cups sugar
* ¾ cup water
* 1 package (1 3/4 ounces) powdered fruit pectin

Mash up the strawberries until slightly chunky to make 2 cups crushed strawberries. Mix strawberries and sugar in large bowl. Let stand at room temperature 10 minutes, stirring occasionally.

Now, mix the water and pectin in 1-quart saucepan. Heat to boiling, stirring constantly. Boil and stir 1 minute. Pour hot pectin mixture over strawberry mixture; stir constantly 3 minutes.

Immediately spoon mixture into freezer containers, leaving 1/2-inch headspace. Wipe rims of containers; seal. Let stand at room temperature about 24 hours or until set.

You can store the freezer jam in the freezer up to 6 months or in refrigerator up to 3 weeks. Thaw frozen jam and stir before serving.

## Strawberry Jam

* 5½ cups crushed strawberries (about 3 quart boxes strawberries)
* 1 package powdered pectin
* 8 cups sugar

Wash strawberries then remove stems and caps. Crush the berries.

Add the crushed strawberries into a pot, adding the pectin and stir well. Place on high heat and, stirring constantly Bring to a full boil. Add all the sugar and continue stirring. Heat again to a full boil for 1 minute, stirring constantly. Remove from heat and skim off the impurities

Immediately add hot jam into sterile jars leaving ¼ inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a boiling water canner. Makes about 9 or 10 half-pint jars

## Applesauce

* 12 lbs apples, peeled, cored & quartered(about 36 medium)
* Water
* 3 cups granulated sugar, optional
* 4 Tbsp lemon juice

Take the prepared apples and cover with just enough water to prevent sticking in a large stainless steel saucepan.

Bring the apples and water to a boil over medium-high heat. Reduce heat and boil gently, stirring occasionally until apples are tender (time will depend upon the variety of apple and their maturity). Remove from heat and let cool slightly, about 5 minutes.

In small batches puree the apples until smooth apples with a food mill or food processer.

Add the apple purée back to the saucepan and add sugar & lemon juice. Bring to a boil over medium-high heat, stirring frequently to prevent sticking. Maintain a gentle boil over low heat while filling jars.

Add the hot applesauce into jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight. Using a boiling water canner – process for 20 minutes. Makes about 8 (16 oz) pint jars

## Fig Preserves

* 3 quarts figs
* 3 quarts boiling water
* 4 cups sugar
* 1½ quarts water
* 2 lemons, thinly sliced (optional)

Pour 3 quarts of boiling water over figs and let stand 15 minutes then drain and discard the liquid. Rinse the figs in cold water and drain.

Mix the sugar, 1½ quarts water and lemon boiling rapidly 10 minutes. Skim syrup of impurities then remove and discard lemon slices. Add the figs carefully into the boiling hot syrup, a few at a time. Cook rapidly until figs are transparent. Remove figs and place in shallow pan. Boil syrup until thick, pour over figs and let stand 6 to 8 hours. Reheat the figs and syrup to boiling and add to sterilized jars, leaving ¼ inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a Boiling Water Canner. Makes about 10 half-pint jars

## Pear Preserves

* 1½ cups sugar
* 2½ cups water
* 6 medium cored, pared, hard, ripe pears, cut in halves or quarters (about 2 lbs)
* 1½ cups sugar
* 1 thinly sliced lemon

Combine 1½ cups sugar and water over medium-high heat and cook rapidly for 2 minutes. Add pears and boil gently for 15 minutes. Add remaining sugar and lemon stirring until sugar dissolves. Cook rapidly until fruit is clear, about 25 minutes. Cover and let stand 12 to 24 hours in refrigerator.

Reheat the pears and syrup to boiling and add to sterilized jars, leaving ¼ inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a Boiling Water Canner. Makes about 5 half-pint jars

## How to Freeze Tomatoes

Blanch the tomatoes by dropping them into boiling water for 60-90 seconds and, using a slotted spoon, transfer immediately into a bowl of ice water to cool. Skin will slip easily from the flesh.

Once the skin has been removed you should remove stems and core tomatoes. You can leave the tomatoes whole but it you cut them or crush them you’ll maximize your storage space.

Using a large spoon or measuring cup add the tomatoes to freezer storage bags. Pint or quart sized freezer bags work best. Seal the bags making sure to push out as much air as possible so they don’t get freezer burned.

Store your bags of tomatoes flat so you can add more items to your freezer. Frozen tomatoes will retain flavor for 12 to 18 months

## Cabbage Kimchi

* 1 medium head (2 pounds) napa cabbage
* 1/4 cup sea salt or kosher salt or other iodine free salt
* Spring, Distilled or Purified Water
* 1 tablespoon grated garlic
* 1 teaspoon grated ginger
* 1 teaspoon sugar
* 2 to 3 tablespoons seafood flavor or water
* 1 to 5 tablespoons Korean red pepper flakes (gochugaru)
* 8 ounces Korean radish or daikon, peeled and cut into matchsticks
* 4 scallions, trimmed and cut into 1-inch pieces

Slice the cabbage into 2-inch-wide strips. Salt the cabbage and put into a large bowl with salt. Massage the salt into the cabbage until soft then add enough water to cover the cabbage. Put a plate on top and weigh it down with something heavy (a can of beans works) so that cabbage stays submerged. Let stand for 1 to 2 hours.

Rinse and drain the cabbage: Rinse the cabbage under cold water 3 times and drain in a colander for 15 to 20 minutes.

Combine the garlic, ginger, sugar, and seafood flavor (or 3 tablespoons water) in a small bowl and mix to form a smooth paste. Mix in the gochugaru to taste – more equals spicier.

Squeeze any remaining water from the cabbage. Add it to a large bowl along with the radish, scallions, and seasoning paste. Mix everything together until completely coated.

Add the mixture into the jars packing it tightly until the brine rises to cover the vegetables Leave at least 1 inch of headspace. Seal the jar with the lid.

Let the jar stand at room temperature for 1 to 5 days to ferment. You may see bubbles inside the jar and brine may seep out of the lid; place a bowl or plate under the jar to help catch any overflow.

Check the kimchi once a day. Make sure the vegetables stay submerged under the brine. Check it daily for flavor and refrigerate when ready. You may eat it right away, but it's best after another week or two. Makes 1 quart

## Crushed Tomatoes

* 2-3/4 lbs tomatoes
* 2 Tbsp bottled lemon juice for each quart jar
* 1 tsp salt

Wash the tomatoes then dip in boiling water 30 to 60 seconds. Immediately dip in cold water. Slip off skins. Trim away any green areas and cut out core.

Cut the tomatoes until they measure about 2 cups. Transfer to a large stainless steel saucepan and bring to a boil over medium-high heat. Use a potato masher to help crush tomatoes and release the juices. Stir often and add more tomatoes being careful to avoid scorching. The remaining tomatoes do not need to be crushed, as they will soften with heating and stirring. Continue until all tomatoes are added, then boil gently for 5 minutes.

Add 2 Tbsp of lemon juice to each quart jar and then add the hot tomatoes into jars leaving a 1/2 inch to the top of the jar. Compress the tomatoes into the jar until the spaces between them fill with juice, leaving 1/2 inch headspace. Wipe rim and add the lid adjusting the band until finger tight. Don’t overtighten

Process filled jars in a boiling water canner for 45 minutes. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed. Makes about 1 quart

## Fruit Leather

Select ripe or slightly overripe fruit. Choose your favorite type of fruit

Wash fresh fruit or berries in cool water. Remove peel, seeds and stem.

Cut fruit into chunks. Use 2 cups of fruit for each 13" x 15" inch fruit leather. Pureé fruit until smooth.

Add 2 teaspoons of lemon juice for each 2 cups light colored fruit (like pears, apples or bananas) to prevent darkening.

For drying in the oven a 13" X 15" cookie or jelly roll pan with edges works well. Line pan with plastic wrap being careful to smooth out wrinkles. Do not use waxed paper or aluminum foil.

Spread pureé evenly onto the pan. Don’t get too close to the edge. Approximate drying times up to 18 hours in an oven at 140 degrees.

While still warm, peel the fruit leather from plastic wrap and roll or cut into shapes. Store in plastic wrap. It will keep up to 1 month at room temperature or 1 year in the freezer.

## Beef Jerky

* 3/4 cup Worcestershire sauce
* 3/4 cup soy sauce
* 1 tablespoon smoked paprika, or to taste
* 1 tablespoon honey, or more to taste
* 2 teaspoons freshly ground black pepper
* 1 teaspoon red pepper flakes
* 1 teaspoon garlic powder
* 1 teaspoon onion powder
* 2 pounds beef top round, thinly sliced

Add Worcestershire sauce, soy sauce, paprika, honey, black pepper, red pepper flakes, garlic powder, and onion powder together in a large bowl and whisk until incorporated. Add the thinly sliced beef to bowl and stir until the beef is completely coated. Cover the bowl with plastic wrap and marinate in the refrigerator, 3 hours to overnight.

Preheat oven to 175 degrees F. Line a baking sheet with aluminum foil and place a wire rack over the foil. Remove the beef from the marinade (discard the marinade) and place on paper towels to dry. Arrange beef slices in a single layer on the prepared wire rack on the baking sheet. Bake beef in the preheated oven until dry and leathery, 3 to 4 hours. Cut with scissors into bite-size pieces.

## Homemade Banana Chips

* Bananas
* Lemon juice
* Water
* Kosher salt (ptional)
* Cinnamon (optional)

Peel the bananas and slice them very thin. Brush with lemon juice to prevent excessive browning.

Bake at 250F for about 1½ - 2 hours turning half-way through baking time. Let cool completely before storing.

For savory banana chips sprinkle with salt. For a sweeter chip use cinnamon and riper bananas.

## Homemade Zucchini Chips

* Zucchini
* Seasoning of your choice

Slice the squash into very thin, uniform slices. A mandolin slicer is great for this task.

Lay the slices in a single layer on your dehydrator trays. Sprinkle with seasoning of your choice.

Dry at 125 degrees until dry and crispy. Check every so often and remove slices that have finished drying earlier than the others. Store in an airtight container.

## Freezer Pumpkin

* Pumpkin

Wash the pumpkin and cut into cooking-size sections removing seeds. Cook until soft in boiling water or in an oven. Remove the pulp and mash. Cool the pumpkin and then package in freezer bags and flatten, removing as much air as possible. Seal and freeze

## Canned Lemons

* 8 lemons
* 2-3 cups sugar

Scrub your lemons and then slice them into thin rings. Layer the lemons into the jars.

Cover the lemons each lemon layer with about 3 Tbsps of sugar. Alternate layers of lemons

and sugar until filled with lemons compacting them as you go. Place the lids on the jars and

refrigerate. The sugar turns into a syrup while in the refrigerators. Makes about 3 pints. Will last in the refrigerator about 1 month.

## Coffee Jelly

* 4 cups coffee, strongly brewed
* ¼ cup lemon juice
* 5½ cups granulated sugar
* 1 box pectin

Boil over high heat the coffee and lemon juice in a medium saucepan. In a bowl, mix together the sugar and pectin. Add the sugar & pectin mixture to the boiling coffee and whisk continuously until pectin & sugar are fully dissolved.

Return to a full boil for 1 minute. Remove from heat and ladle mixture into jars. Wipe the rims clean and place the lids on the

jars tightening until finger tight. Don't overtighten. Process using the Boiling Water Bath for 10 minutes. Set on a cooling rack or counter overnight. Store in a cool, dark place. Use within 1 year.